A. 學校簡介

早稻田是一間招收許多外國學生的大學，因此有很多機會和來自世界不同地方的學生一起上課，我認為是很適合開拓眼界的地方！來到這裡之後，也會發現身邊有很多很厲害的學生，讓我意識到自己的程度真的還需要加強。另外，早稻田真的是一間資源很豐富的學校，校內設備很好，學生食堂、校內咖啡廳、圖書館等設施也都很不錯。

B. 國外研修之課程學習（課內），推薦受益最多/最喜歡的課程

我最喜歡的課程是「國際關係論」，授課老師是交換期間擔任我指導老師的堀芳枝老師。雖然我的英文和日文程度都不太好，有時候無法順利表達自己的想法，但老師都很有耐心，不會表現出不耐煩。(有些課的老師真的會因為學生表達不出來而生氣，我自己也有被罵過，因此建議想來交換的同學選課前記得先查一下課堂評價！)

這堂課主要介紹東南亞國家，大約每兩週介紹一個國家的政治、歷史與文化。第一堂課會先由老師介紹，下一堂課則換同學上台報告。報告主題可以自己選擇，只要和老師指定的國家有關即可。我很喜歡這種可以讓學生自己選擇有興趣的主題發揮的課程，而且老師也會給學生很多鼓勵和正面的回饋！

C. 國外研修之生活學習（課外）

課外真的要多參加活動，才有比較多機會練習日語口說和認識新朋友！另外，也很推薦大家有空多出去走走，東京有非常多展覽、博物館和各種活動可以參加，都是很不錯的體驗。

D. 交換/研修之具體效益（請條列式列舉）

1、日文能力進步，尤其增加了實際使用日文的機會。

2、開拓眼界，有機會認識來自不同國家、不同文化背景的人。

3、獲得許多新的體驗，例如東京有很多展覽、博物館及活動可以參觀。

4、增加獨立生活與處理問題的能力。

5、增加跨文化溝通的經驗。

6、 更了解自己未來想要的生活與工作方向。

E. 海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

其實交換期間沒有遇到什麼太大的問題。比較明顯的困難應該是有時候上課會跟不上，尤其遇到比較複雜的內容時，會因為語言能力不足而無法完全理解或表達自己的想法。這部分我認為沒辦法，只能繼續加強自己的英文和日文能力！

F. 海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

我覺得比較大的文化衝擊是，日本人真的比較不容易和外國人成為很熟的朋友，人際關係也相對比較保守。原本以為來日本交換會很容易認識很多日本朋友，但實際上如果只有一起上課，其實不太容易進一步變熟。

而且日本人雖然表面上看起來很客氣禮貌，但有的時候他們其實已經不耐煩 (比如跟你說日文時不使用敬語等等……)，算是這次交換體驗到的衝擊！

G. 海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

我覺得最大的改變是讓我更了解自己未來想要的人生方向。經過這次交換，我發現自己真的很喜歡在海外生活，也希望未來有機會可以先到國外工作幾年，再考慮回台灣發展。這次交換也讓我更確定，未來想繼續嘗試不同國家及不同環境的生活。

H. 感想與建議

我很推薦有機會的同學去交換！除了可以學習語言之外，也可以接觸不同的文化、認識來自不同國家的人，並體驗和台灣完全不同的生活。建議大家交換期間不要只待在宿舍或只和台灣人一起行動，多參加活動、多出去走走，也可以勇敢嘗試自己原本不會做的事情。然後其實一年很短！不要一直待在宿舍記得多出去走走看看！東京也是有很多直得一去再去的景點。

另外，如果要到早稻田交換，我很建議出發前先把日文或英文練好一點，上課真的會輕鬆很多；選課之前也記得先查一下老師和課程評價！ (……不要選紛爭解決與社會開發)

I. 英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等) 500 字以上

I studied at Waseda University in Japan as an exchange student for one year. Waseda is a very international university with many foreign students from different countries. Therefore, I had many chances to study with people from different cultural backgrounds. I think it is a very good place to broaden your horizons. At the same time, I also met many excellent students there, and sometimes I realized that I still have a lot to improve, especially my English and Japanese. The facilities at Waseda are also very good, and there are many useful resources for students. The student cafeterias and other facilities on campus are also nice.

My favorite class during my exchange was International Relations, taught by Professor Yoshi Hori, who was also my academic advisor during my exchange. My English and Japanese are not perfect, so sometimes it was difficult for me to explain my ideas clearly in class. However, Professor Hori was always patient and gave us a lot of encouragement. This made me feel more comfortable speaking in class. I think this is very important for

international students. However, different professors have very different teaching styles, so I strongly recommend checking course reviews before choosing classes!

This class mainly focused on Southeast Asian countries. Every two weeks, we studied the politics, history, culture, and society of one country. First, Professor Hori introduced the country to us, and in the next class, students gave presentations. We could choose our own presentation topics as long as they were related to the country we were studying. I really liked this style because I could choose something I was interested in instead of only following a fixed topic.

Outside of class, I think it is very important to join activities and meet different people. If you want to improve your Japanese speaking skills, just taking classes is probably not enough. You need to find opportunities to actually speak Japanese. I also recommend going out and exploring Tokyo as much as possible. There are always many exhibitions, museums, events, and interesting places to visit. Living in Tokyo gave me many experiences that I could not have had in Taiwan.

I did not face any very serious problems during my exchange. The biggest difficulty was probably sometimes not being able to follow the classes. When professors or students discussed complicated topics, I sometimes could not fully understand them or express my own opinions because of my language ability. I think there is no special solution to this problem. I just need to continue improving my English and Japanese!

One cultural difference I noticed was that it was not always easy to become close friends with Japanese students. Before coming to Japan, I thought I would easily make many Japanese friends. However, I found that Japanese people can be more careful and reserved when building relationships, especially with foreign students. If we only met during class, it was sometimes difficult to become close friends. Therefore, I think international students should be more active, join activities, and create opportunities to talk with other students.

Overall, this exchange experience helped me improve my Japanese, broaden my horizons, become more independent, and gain more experience communicating with people from different cultures. Most importantly, it helped me understand what kind of life I want in the future. After living in Japan for one year, I realized that I really enjoy living abroad and meeting people from different countries. In the future, I hope I can work abroad for a few

years before returning to Taiwan.

I am very happy that I chose to study abroad. My advice for future exchange students is simple: improve your Japanese or English before coming, check course reviews carefully, join more activities, go out and explore, and do not be afraid to try new things. One year sounds long, but it actually passes very quickly!